

Fall 2021

HEALTH YOURSELF ACTIVITIES

September

- Take the Stairs in September • 15-20 pts
- Emergency Preparedness Activity • 10 pts

October

- Walk for Turkeys Step Challenge • 15 pts
- Blood Draws & Flu Shots
- Cranberry Hike n' Pick • 5 pts
- My Secure Advantage activity • 5 pts

November

- Walk for Turkeys Step Challenge • 15 pts
- Maintain Don't Gain Challenge • 15-20 pts
- Learn about Nordic Skiing Webinar • 5 pts

LOOKING AHEAD TO WINTER

- Maintain Don't Gain, Great Outdoors— Winter Edition, and a Heart Health Challenges
- Webinars on Winter Produce Prep, Preparing Beans, Probiotic Pickles, and more!